

2005 Diabetes EXPO

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USANA • Utah Diabetes Center

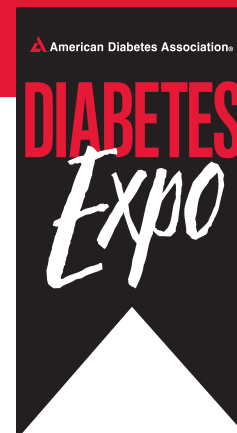
2 for 1

1 free admission to Diabetes EXPO
per paid adult with this coupon.

9 a.m. – 4 p.m., April 9, 2005
South Towne Expo Center

Regular prices: Adults \$5, Seniors \$3, ADA Members FREE.
Call 1-888-DIABETES for more information.

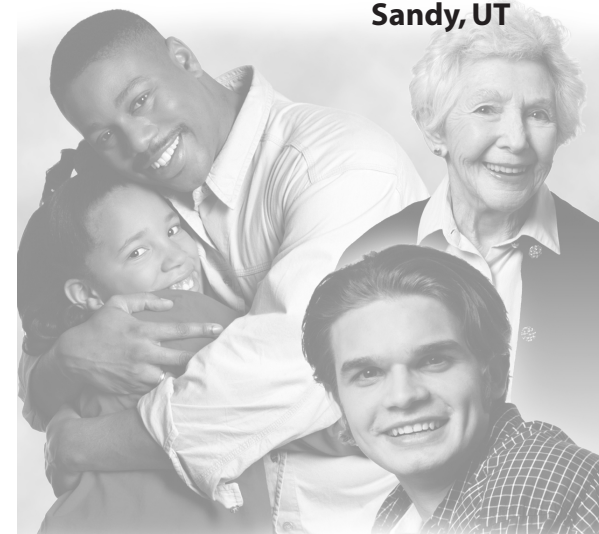
American
Diabetes
Association®
Cure • Care • Commitment™
1245 E. Brickyard Rd. Suite 30
Salt Lake City, UT 84106



American
Diabetes
Association®
Cure • Care • Commitment™

Saturday
April 9, 2005
9 a.m. - 4 p.m.

South Towne Expo Center
Hall #1
9575 S. State St.
Sandy, UT



Join the American Diabetes Association for:

Free health screenings.
Presentations from leading health experts.
Cooking and fitness demonstrations.
One-on-one Q&A with dietitians.

**Everything you need to know about
diabetes and more!**

**General Admission \$5; Seniors 60 and older \$3
ADA Members FREE!**

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HEALTHY EATING, ACTIVE LIVING

Schedule of Events

Diabetes EXPO

April 9, 2005



Time	Main Stage #1	Main Stage #2	Demo Stage	Utah Diabetes Center Stage	Interactive Stage
9:30	Diabetes 101 <i>The basics of testing, injecting, treating and eating.</i>	Pre-Diabetes/Metabolic Syndrome <i>What is this condition? Can you prevent it from becoming full-fledged diabetes?</i>	Healthy Cooking #1 Sponsored by the Utah Diabetes Center 10 a.m. Fitness Demo #1	Diabetes and Your Feet <i>If you have diabetes, your feet are in danger. Learn how to keep them healthy and sound.</i>	
10:30	How to Read Food Labels <i>Low carb, low sugar, artificial sweeteners, glycemic index, carb counting. . . what does it all mean? Learn the basics in this lecture.</i>	Intro to Diabetes & Cholesterol Meds <i>Find out what all of these medications are and how they work.</i>	Cooking for and with KIDS! Sponsored by the Utah Diabetes Center	Realistic Carb Counting <i>Tips, shortcuts and basics to successful carb counting.</i>	Helpful Tips for Daily Health Care <i>Dealing with wounds, rashes, injection sites, etc.</i>
11:30	Family First <i>Teaching your kids to eat healthy and stay active.</i> Sponsored by USANA	Making Insulin Work for You <i>Treating Type 2 diabetes with insulin. Learn why insulin is not your enemy!</i>	Healthy Cooking #2 Sponsored by the Utah Diabetes Center 12 p.m. Fitness Demo #2	Diabetes and Your Eyes <i>Learn to safeguard your eyes from the complications of diabetes.</i>	
12:30	Weight and Your Health <i>Medical approaches to weight loss and the latest wisdom.</i>	Diabetes & Your Heart <i>If you have diabetes, your heart is in danger. Find out why.</i>	Healthy Cooking #1 (Repeat) 1 p.m. Fitness Demo #1 (Repeat)	School Walk for Diabetes <i>Learn about this program that is getting children to learn about healthy lifestyles and fundraising.</i>	Carb Counting in Spanish
1:30	Research Update <i>The latest news from the research front -- islet cell transplants, stem cell research and more.</i>	Diabetes & Sexual Health <i>Learn how to deal with the impact of diabetes on your sex life.</i>	Healthy Cooking #2 (Repeat) 2 p.m. Fitness Demo #2 (Repeat)	Know Your Numbers <i>A1C, blood pressure, etc.</i>	La Diabetes en Español <i>Manténgase usted y su familia saludables. Conozca los factores de riesgo y las señales de aviso de la diabetes.</i>
2:30	Diet Fads and Supplements Panel Discussion <i>Are these diets and vitamins safe? Find out here!</i>			Realistic Carb Counting (Repeat) <i>Tips, shortcuts and basics to successful carb counting.</i>	Coping with Diabetes Burnout <i>Discussion Group</i>

Schedule subject to change. Please call 1-888-DIABETES or visit www.diabetes.org/expo to confirm. Free Q&A with dietitians available all day long.

IMPORTANT PARKING INFORMATION

Designated free parking for the Diabetes EXPO is in the dirt lot **across State Street to the west.**

We will have **FREE shuttles running all day long** to take you from your car to the front door of the EXPO.

Please use this designated lot or take TRAX and UTA Bus #222. It will save you time and energy!

2005 Diabetes EXPO Volunteers Needed

If you are interested in volunteering for one of the ADA's largest events, please call Nyna at 1.888.342.2383 ext. 7072 or email at **nmoore@diabetes.org**

A wide variety of opportunities are available!

American Diabetes Association
1245 E. Brickyard Rd. Suite 30
Salt Lake City, UT 84106



The mission of the American Diabetes Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

1-800-DIABETES ● **www.diabetes.org**

Everything you need to know about diabetes and healthy living . . . all under one roof!